



Ann Kelly, PCC, is a pioneer of coaching in Ireland, with a business outreach across Europe, Russia and USA. Since 2001, she has coached hundreds of people in organisations and outside to trust themselves, to honour who they are and to reach their potential. Testimonials are available on her website

www.reachingyourpotential.co

Ann is associated with a diverse group of highly experienced coaches and trainers.



T + 353 21 4354725 **M** + 353 86 6088886

E ann@reachingyourpotential.co

W www.reachingyourpotential.co



STEP UP
STAND OUT

ANN KELLY OF ANN KELLY & ASSOCIATES IS A PROFESSIONAL
CERTIFIED COACH AND MASTER NLP PRACTITIONER

STEP UP

STAND OUT

Step Up Stand Out is a step by step system for thriving in adversity.

It is a direct response to the need for organisations to go beyond prevailing conditions and develop the clarity, vitality and vision to be successful in today's world.

The programme includes:

Managing Change:

Are staff adapting well to change or are they distracted, resistant and less effective?

We assist them to:-

- rise to the challenge of change
- re-establish personal authority
- restore purpose and focus to their work
- develop a 'can do' attitude

Result? A happier, confident, effective workforce and an expanded ability to positively influence decision makers.

Communication:

Is poor communication costing you time and money? Clear communication is vital and takes courage.

- Get clear, communicate clearly
- Break patterns of unsuccessful communication

Result? Simpler, confident conversations that are charge neutral and get results.

Reduce Stress:

Are stress levels rising?
Is intense pressure the norm?

We have proven self-care strategies that significantly reduce stress and promote and sustain wellbeing.

Result? Staff actively take responsibility for their health and wellbeing. Their outlook and productivity improve.

Managing Time:

Time can be used effectively!

- Make the most of your day
- Develop rapid responses
- Manage interruptions
- Keep focused and get things done

Result? Higher productivity and time to plan.

Transform your workforce into a highly functioning team

- Build an environment of trust and integrity.
- Set high standards and stick to them.

Result? An engaged, creative, vibrant culture.

The Step Up Stand Out Programme can be tailored to individual executives or teams.

We will work within your budget and time frame.

Give me a call and let's meet up +353 21 4354725

“

We had reached a crossroad, coaching gave us the clarity, vitality and vision to get to where we are today.

”